

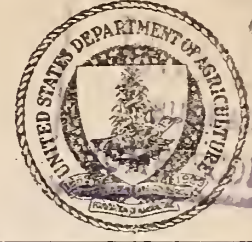
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U. S. DEPARTMENT OF AGRICULTURE  
OFFICE OF INFORMATION  
PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION  
FEBRUARY 3, 1932 (WEDNESDAY)

THE MARKET BASKET

by

The Bureau of Home Economics of the U. S. Department of Agriculture.

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FAMILY FOOD GUIDE

:	Every meal -- Milk for children, bread for all.	:
:		:
:	Every day --	:
:	Cereal in porridge or pudding	:
:	Potatoes	:
:	Tomatoes (or oranges) for children	:
:	A green or yellow vegetable	:
:	A fruit or additional vegetable	:
:	Milk for all	:
:		:
:	Two to four times a week --	:
:	Tomatoes for all	:
:	Dried beans and peas or peanuts	:
:	Eggs (especially for children)	:
:	Lean meat, fish or poultry	:
:	and cheese	:

THE MOTHER, THE BABY, AND VITAMIN B

If the baby is to grow and be healthy, it must have vitamin B, preferably in its mother's milk. For the mother's milk to contain vitamin B, the mother herself must have plenty of food rich in vitamin B. That means milk, whole grain cereals, eggs, vegetables, fruits. This warning, the Bureau of Home Economics points out, is more than ever needed where food supplies are short and pocketbooks low in cash. Mother and the baby have special needs, and for them the pocketbook must somehow be stretched -- if not the family pocketbook, then the community chest.

Nutritionists have found, the bureau says, that deficiency of vitamin B in the food of the expectant or nursing mother means either very poor mother's milk for the baby, or none at all. Some authorities go so far as to say there may not even be any baby, if an expectant mother is suffering from a vitamin B deficiency.





Vitamin B is found, it is true, in so many kinds of food, that any well-fed human being is practically certain to get it in sufficient quantity for ordinary needs. But this vitamin is not stored in the body so effectively as are other vitamins. Therefore, to meet the double need of mother and baby, before and after the baby is born, mothers require a special intake of foods rich in vitamin B. Even this, it has proved, may not guarantee enough vitamin B for the baby, and that is another reason for the tomato juice, or orange juice, nowadays recommended for babies as a source of vitamin C. Both tomatoes and oranges are as rich in vitamin B as is whole milk.

Babies especially must have vitamin B, the food scientists say. Without it the appetite fails; without appetite the baby does not eat enough and with too little food growth is stopped. Also--and for good reason--this vitamin is called anti-neuritic. For children or adults, a diet deficient in vitamin B, or the failure of the body to utilize vitamin B, brings about, in extreme cases, a condition of acute nervousness and paralysis of muscles, especially of the legs and the digestive organs.

The list of foods that furnish vitamin B is a long one. Good milk (fresh, evaporated or dried), eggs, citrus fruits, tomatoes, green leafy vegetables, green peas, green asparagus, potatoes, (in fact, fresh vegetables in general, as well as dried beans or peas) bananas, apples, peaches, grapes, fresh prunes, and other fresh fruits--all of these furnish vitamin B. Whole grain cereals, also, such as whole wheat, whole corn, and brown rice, are rich in vitamin B. That is why they are a good "buy" if you can not afford an unlimited variety of foods. Be sure they are whole grain cereals that you buy, however, because parts of these grains which are richest in vitamin B--wheat germ and rice polishings, for example--are removed in milling. Rice polish is high in food value and is a good source of vitamin B. It is not generally available, however, because it



has a tendency to become rancid. It must be bought directly from rice mills.

Nuts are said to be almost as rich in vitamin B as whole cereals, dried beans or peas.

The menu suggested this week includes kinds of foods especially important for the nursing mother and suitable for the whole family. Among the recipes are some especially developed for using rice polish, whole wheat, and wheat germ.

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF SEVEN  
including father, mother, and five children

Bread . . . . .	16 -22 lbs.
Flour . . . . .	3 - 4 "
Cereal . . . . .	6 - 8 "
Whole fresh milk; or . . . . .	30 -42 qts.
Canned evaporated milk . . . . .	30 -42 tall cans
Potatoes . . . . .	20 -30 lbs.
Dried beans, peas, peanut butter . . . . .	1 - 3 "
Tomatoes, fresh or canned, or citrus fruits . . . . .	9 "
Other vegetables (including some of green or yellow color) and . . . inexpensive fruits. . . . .	20 -25 "
Fats, such as lard, salt pork, bacon, margarine, butter, etc. . . .	4 "
Sugar and molasses. . . . .	5 "
Lean meat, fish, cheese, eggs(8 eggs approximates 1 pound). . . . .	7 -10 "
Eggs (for children). . . . .	8 eggs
Coffee . . . . .	1 lb.
Tea . . . . .	$\frac{1}{4}$ "

\* \* \* \* \*

MENU

Breakfast

Tomato juice or Orange juice for mother and baby	
Whole Grain Cereal	- Toast
Coffee (adults)	- Milk (children)

Dinner

Supper

Omelette or Scrambled Eggs with Spanish Sauce  
Corn Pone (made with Rice Polish), or  
Whole Wheat Muffins  
Sliced Bananas  
Milk for mother and children

Scalloped Onions and Peanuts  
Baked Sweetpotatoes  
Milk for all

\* \* \* \* \*





## RECIPES

### Spanish Sauce

- |                             |                          |
|-----------------------------|--------------------------|
| 2 tablespoons chopped onion | 1 No. 2 can peas         |
| 4 tablespoons bacon fat     | Chopped parsley          |
| 3 tablespoons flour         | Salt and pepper to taste |
| 2 cups canned tomatoes      |                          |

Cook the onion in the fat for a few minutes. Sprinkle the flour over the onions and blend; then quickly stir in the tomatoes and canned peas, and simmer for about 10 or 15 minutes. Add the chopped parsley, salt and pepper, and serve at once over the omelette or scrambled eggs.

### Scalloped Onions and Peanuts

- |                            |                    |
|----------------------------|--------------------|
| 6 medium-sized onions      | 1 tablespoon flour |
| 1 cup peanuts, ground      | 1 cup milk         |
| 1 tablespoon melted butter | 1/2 teaspoon salt  |
| or other fat               | 1 cup bread crumbs |

Skin the onions, cook in boiling salted water until tender, drain, and slice. Make a sauce of the fat, flour, milk, and salt. In a greased baking dish place a layer of the onions, cover with the peanuts and sauce, and continue until all are used. Cover the top with crumbs and bake in a moderate oven for about 20 minutes, or until the crumbs are golden brown. Serve from the baking dish.

### Whole Wheat Scramble

- |                            |                                |
|----------------------------|--------------------------------|
| 1 pound ground cooked pork | 2 teaspoons salt               |
| 3 cups cracked wheat       | 1/4 teaspoon black pepper      |
| 6 cups broth from pork     | 1/2 teaspoon poultry seasoning |
| 3 teaspoons chopped onion  |                                |

Cook the cracked wheat in the broth from the pork for one-half hour. Combine the pork and the wheat, add the seasoning, and mix thoroughly. Place in a mold which has previously been rinsed with cold water. When the mixture has set, cut into thin slices and brown in fat in a frying pan.

### Corn Pone

- |                          |                          |
|--------------------------|--------------------------|
| 1 cup corn meal          | 2 tablespoons lard       |
| 1 cup sifted rice polish | 1 teaspoon salt          |
| 2 cups boiling water     | 1 teaspoon baking powder |

Stir the corn meal into the boiling water and bring to the boil. Add the lard and let the mixture cool. Then stir in the rice polish which has been well mixed with the salt and baking powder. Bake in the usual way.

Rice polish may be used in any other type of corn bread, decreasing somewhat the amount of liquid called for in the recipe.

Buttermilk and soda may be used in place of water and baking powder in the recipe, 7/8 teaspoon of soda to each pint of buttermilk.



# INFORMATION FOR THE PRESS



## U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION  
FEBRUARY 10, 1932 (WEDNESDAY)

### THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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### FAMILY FOOD GUIDE

:	:			
:	Every meal -- Milk for children, bread for all.	:		
:	:	:		
:	Every day --	Two to four times a week --	:	
:	Cereal in porridge or pudding?	Tomatoes for all	:	
:	Potatoes	:	Dried beans and peas or peanuts	:
:	Tomatoes (or oranges) for children	:	Eggs (especially for children)	:
:	A green or yellow vegetable	:	Lean meat, fish or poultry, or	:
:	A fruit or additional vegetable	:	cheese	:
:	Milk for all	:	:	:
:	:	:	:	:

### VITAMIN D AND WHERE TO GET IT

Sunlight in summertime; cod-liver oil in winter; eggs, butter, milk, salmon and certain kinds of sardines at any time are prescribed by nutrition chemists of the Bureau of Home Economics of the U. S. Department of Agriculture and the Bureau of Fisheries of the U. S. Department of Commerce, as the best means of providing the human body with the highly essential vitamin D. This is the vitamin that helps to make good bone tissue. Without it the two principal bone-making materials, calcium and phosphorus, are not so completely utilized in the body. Vitamin D, the specialists point out, helps to prevent rickets in children.

Vitamin D, unlike other vitamins, is not plentiful in many of the common foods. Green vegetables do not contain it, nor do fruits, or cereals. It can, however, be produced in various foods and in the human body by artificial means. This is because many food materials contain the chemical compound known as





ergosterol, which is changed into vitamin D when exposed to sunlight or to the rays of an ultra-violet lamp. The human skin, also, contains ergosterol, and this, it is believed, is the reason why baths in summer sunlight, when the ultra-violet rays are most abundant, are so effective in promoting bone growth and preventing rickets in children, just as are the foods that are rich in vitamin D.

The importance of vitamin D to children can hardly be overstated, according to Dr. Hazel E. Munsell, chemist in charge of the nutrition laboratory of the Bureau of Home Economics. Some vitamin D for the baby is contained in the mother's milk provided she has had enough vitamin D food before and since the baby was born. It occurs in the milk of cows that feed in sunny pastures, or on prepared feed which supplies the cows with vitamin D. Milk from other cows, however, can not be depended upon for vitamin D, though it will furnish the necessary calcium and phosphorus. To make sure of vitamin D, therefore, feed the child cod-liver oil in winter, say the specialists, or else give him vitamin D from some other source. In summer, to provide him with vitamin D, let him run about in the sunlight.

Egg yolks are a good food source of vitamin D, which, according to the nutritionists, is not lost when the eggs are cooked. Butter, too, is good. One of the very richest food sources of vitamin D, however, is canned salmon. Dr. C. D. Tolle, of the nutrition laboratory of the Bureau of Fisheries, has found that the best canned salmon, the chinook or king salmon, contains much vitamin D. Cheaper grades of canned salmon also contain some of this vitamin, giving new importance to this kind of fish food. Vitamin D is in the oil of the salmon flesh, as well as in the viscera, and 90 per cent of the oil, according to Doctor Tolle, remains there even after all free oil is poured out when the can is opened. Certain kinds of sardines (California pilchards are the only kind thus far tested) are not so rich in vitamin D as canned salmon, but they furnish, nevertheless, a good supply. Other sardines and other sea foods are being studied for their vitamin content.

Because of the importance of canned salmon as a source of vitamin D, this week's recipes utilize this fish in several ways. ~~There is~~ <sup>A</sup> low-cost nutritious Lenton menu, utilizing pink salmon, which can be bought for 10 to 12½ cents a pound. *is given on the next page.*





WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF TEN  
including three adults and seven children

Bread . . . . .	25 - 35 lbs.
Flour . . . . .	3 - 5 "
Cereal . . . . .	10 - 12 "
Whole fresh milk, or . . . . .	43 - 56 qts.
Canned evaporated milk . . . . .	43 - 56 tall cans
Potatoes . . . . .	30 - 40 lbs.
Dried beans, peas, peanut butter. . . . .	2 - 5 "
Tomatoes, fresh or canned, or citrus fruits . . . . .	12 "
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	30 - 40 "
Fats, such as lard, salt pork, margarin, butter, bacon, etc. . . . .	6 "
Sugar and molasses . . . . .	7 "
Lean meat, fish, cheese, eggs. . . . .	10 - 14 "
Eggs (for children) . . . . .	8 eggs.

\* \* \* \* \*

MENU

Breakfast

Rice with raisins and milk  
Coffee (adults) - Milk (children)  
Toast

Dinner

Shepherd's Pie *(made with salmon)*  
Savory Mixed Greens  
Whole Cracked Wheat Cookies  
Cocoa

Supper

Macaroni Salad  
Stewed Dried Apricots

\* \* \* \* \*

RECIPES

Macaroni Salad

Drop the macaroni, broken into short lengths, into boiling salted water and cook until tender -- about 20 minutes. Then drain, run cold water through it, drain again, and chill thoroughly. For salad, combine the cold macaroni with small cubes of sharp cheese and with something to add crispness. Chopped celery, sweet pickles or green pepper may be used. Mix with tart, well-seasoned, cooked salad dressing, and serve the salad on crisp lettuce leaves.

Cooked Salad Dressing

2 teaspoons salt	1/4 cup sugar
1/4 teaspoon mustard	1 pint milk
1/8 teaspoon white pepper	2 eggs
1/4 teaspoon paprika	3/4 cup vinegar
6 tablespoons flour	1/4 cup butter or other fat

Sift the dry ingredients together to mix them thoroughly, add the cold milk



stir until well blended, then cook in a double boiler until thickened. Cover and cook 10 minutes longer. Beat the eggs until very light and add some of the hot mixture to the egg gradually. Then combine and cook the whole mixture a few minutes longer. Add the vinegar slowly, stir and continue to cook until fairly thick; then add the butter or other fat.

#### Shepherd's Pie *(made with salmon)*

Grease a baking dish and cover the sides with a thin layer of seasoned mashed potato. Fill the center with well-seasoned creamed salmon. Cover the top with mashed potato and bake until the pie is hot through and lightly browned on top.

#### Creamed Salmon with Vegetables

1½ pounds canned salmon	4 tablespoons butter or other fat
3 pints milk	1 cup flour
3 cups diced potatoes	3 teaspoons salt
1½ cups diced carrots	1½ tablespoons parsley
1 large onion, finely chopped	

Flake the fish. Cook the potatoes and carrots in a small quantity of water until tender. Mix the flour with a small quantity of cold milk, and stir into the heated milk to which the onion, salt, and butter or other fat have been added. Cook until thickened. Add the vegetables and the salmon, cook for a few minutes longer, sprinkle a little parsley over the top, and serve.

#### Hot Salmon with Cooked Salad Dressing

Large can salmon	Parsley
Salad dressing	

Put the unopened can of salmon in a saucepan surrounded by boiling water. Let the water boil for 10 to 15 minutes to allow the fish to be thoroughly heated through. While the fish is heating, prepare the salad dressing. When opening the can of fish, place a cloth over most of the can, make a small hole in the top to allow the steam to escape, and cut all the way around the edge so that the fish can slide out on a hot platter without breaking. Pour the hot dressing over the salmon, sprinkle with finely chopped parsley, and serve at once.

Fresh salmon may, of course, be simmered and served in this same way.

#### Salmon Salad

For use in salad, drain the liquor from canned salmon, and break the fish into flakes. Mix the fish lightly with chopped raw celery, chopped sweet, sour, or dill pickle, and a small quantity of dressing. A tart cooked dressing is very suitable. Arrange this mixture on lettuce or crisp cabbage leaves, garnish with more dressing, and serve at once.

#### Whole Wheat, Fish, and Tomato

1 pound canned fish	2 teaspoons salt
2 quarts canned tomatoes	1/4 teaspoon pepper
1 cup chopped celery	4 cups cooked whole wheat

Drain the fish, reserve the liquor and flake the fish into small pieces. Cook the tomatoes, celery, and fish liquid until the mixture is fairly thick. Add the seasoning, wheat, and fish, and cook a few minutes longer and stir to blend well. Serve on crisp toast.







U. S. DEPARTMENT OF AGRICULTURE  
OFFICE OF INFORMATION  
PRESS SERVICE



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THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE

Every meal --	Milk for children, bread for all
Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and peas or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish or poultry, or
A fruit or additional vegetable	cheese.
Milk for all	

FEED THE BABY COD-LIVER OIL

For children under two years of age, cod-liver oil, with its high content of vitamin A and vitamin D, is not a medicine, nor a luxury, but an indispensable food. This is the emphatic statement of Dr. Martin M. Eliot, director of the child hygiene division of the Children's Bureau of the U.S. Department of Labor and Dr. Hazel K. Stiebeling, senior food economist of the Bureau of Home Economics of the U. S. Department of Agriculture.

Mothers are therefore urged to provide three or four teaspoonfuls of cod-liver oil every day for each child under two year old. This will cost about 15 to 25 cents a week per child. But it is vital to the children's health in winter time, and for city children it is good advice for all the year.

These statements are based on scientific studies which have shown the relation of vitamin D to the normal development of bones.

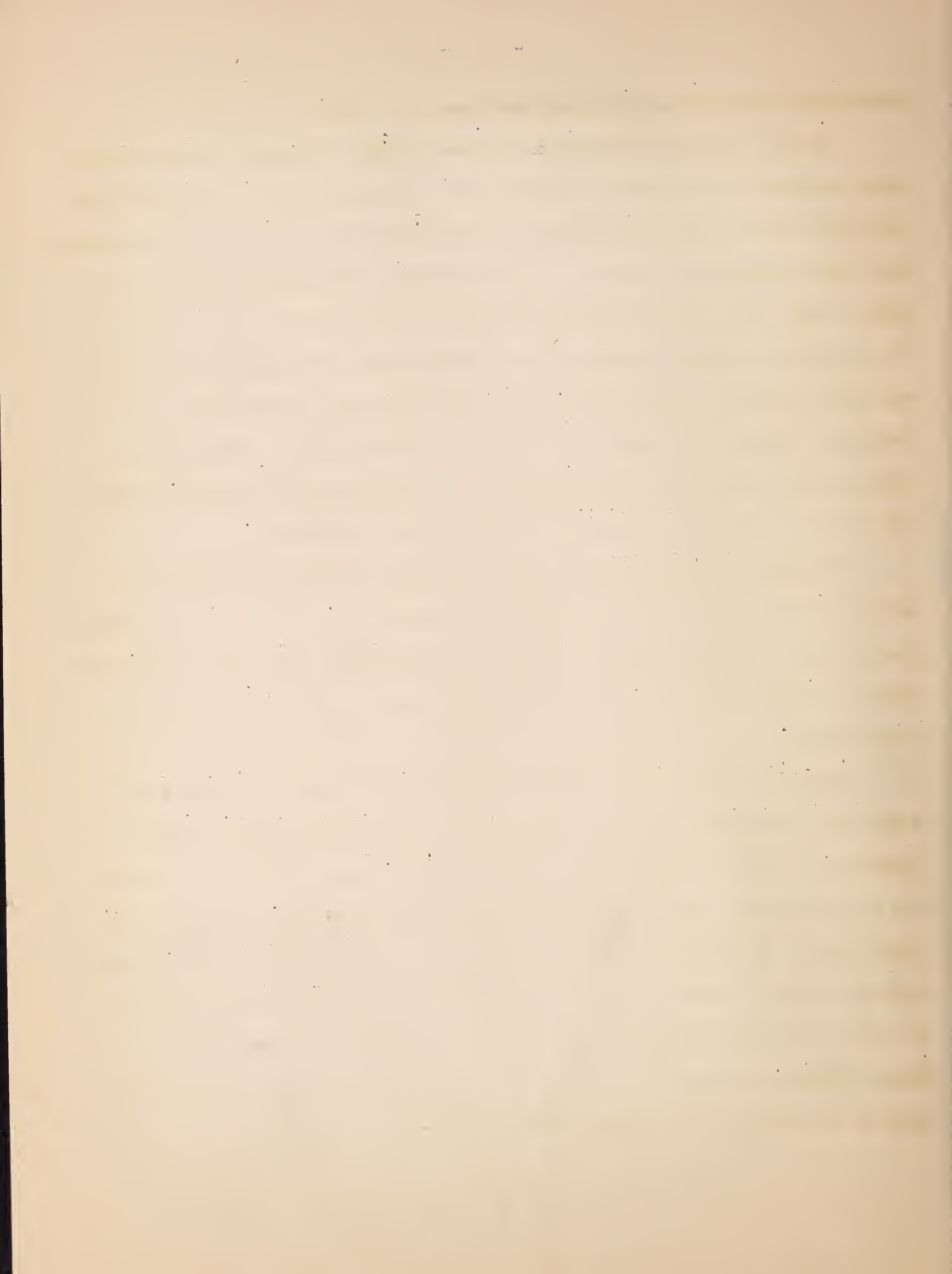


relation of vitamin D to the normal development of bones.

"In all temperate climates", says Doctor Eliot, "very many babies will develop rickets during the winter months unless some substitute for sunlight, some food that contains large quantities of vitamin D, is given every day. Most mothers know that cod-liver oil is the best food substitute for sunlight that is on the market today. It contains naturally much of the same vitamin D that is formed in our skin when we expose ourselves to the direct rays of the sun. Cod-liver oil may well be started before the baby is a month old, often at two weeks, and if continued regularly throughout the first two years of life, it will keep most babies from developing the deformities and the complications of rickets. Breast-fed babies as well as artificially-fed babies need cod-liver oil.

"Cod-liver oil, however, has more than the one virtue of preventing or curing rickets. With every teaspoonful of cod-liver oil, if it is of good grade, you give your baby many units of vitamin A -- the vitamin that helps growth, prevents a certain eye disease, and probably does much to keep off infections of various sorts.

"Cod-liver oil is the chief food on the market today that is naturally very rich in both vitamin A and vitamin D. Milk and its products are rich in vitamin A, but can not be depended on for vitamin D. Eggs contain both vitamins but in considerably smaller quantities than does cod-liver oil. Cod-liver oil, then, because of its double value in vitamins is a highly important food. Babies need the vitamin D part of cod-liver oil more than do older children because it is while they are growing fast that they are most likely to develop rickets. Older children, especially those who are poorly nourished, need the vitamin A part to help them grow and resist infections.





"Cod-liver oil has still another food value. With every teaspoonful of cod-liver oil the baby receives 4 or 5 grams of easily digested fat, which is about the equivalent in energy of the fat in a teaspoonful of butter. The baby or child who is given 3 or 4 teaspoonfuls of cod-liver oil a day receives a very appreciable addition to the value of his diet not only in those indispensable vitamins A and D, but also in energy providing food.

"But you may say 'how can I teach my baby or my child to take cod-liver oil?' Much, perhaps everything, depends on the attitude of the mother. If cod-liver oil is begun very early in infancy and the mother always assumes the attitude that the baby will like it, nine times out of ten he will grow up to really like it and will want to lick the spoon. If it is begun when the baby is older, the mother's attitude is even more important. She must not laugh or scold if the baby makes a face the first time he gets it. She must not say 'I don't believe he will like it' or 'I wonder if he will like it.' She must honestly expect him to like it, for most babies do."

In the recent leaflet put out by the Children's Bureau and the Bureau of Home Economics for the guidance of relief workers, entitled "Emergency Food Relief and Child Health," the foods listed as indispensable for a child under two years old are as follows:

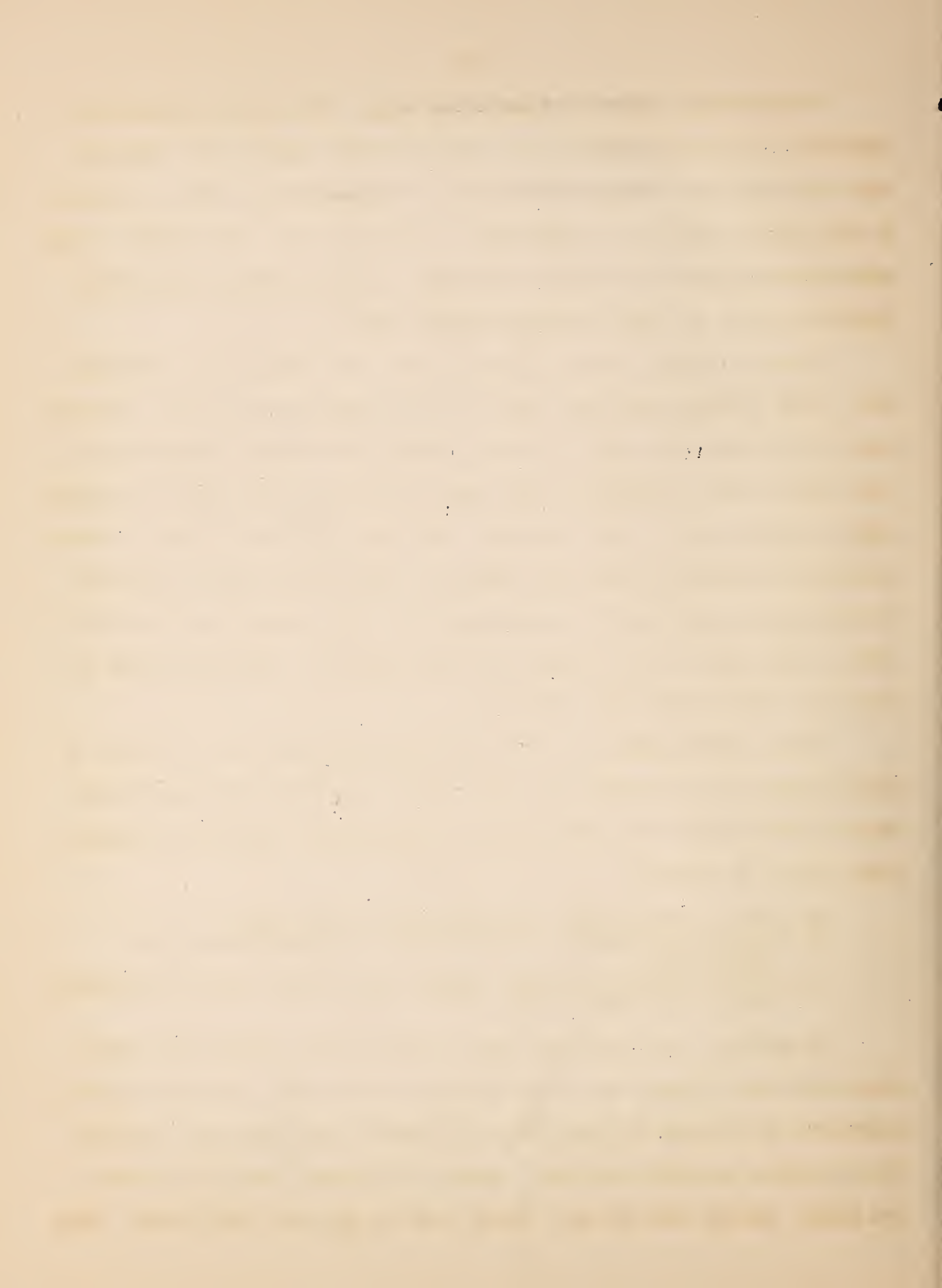
At least one pint of milk. He should have  $1\frac{1}{2}$  or 2 pints.

At least two teaspoonfuls of cod-liver oil. He should have 3 or 4 teaspoonfuls.

At least one vegetable or fruit (tomato juice, orange juice or greens). He should have three or four.

In addition, the child should have plenty of bread, cereals, and other energy and body-building foods. With children in the family, says this leaflet, one-fourth of the money that goes for food should be spent for milk, one-fifth for vegetables, one-fifth for bread, cereals, and legumes, one-fifth for fats and sugars, and the rest for eggs, cheese, meat or fish, and other things. Thus





a family of father, mother, and one child should have a weekly food supply not less than that given below:

Milk -- Half fresh, half evaporated (not sweetened condensed)...  $10\frac{1}{2}$  qts.

Vegetables --

Tomatoes, No. 2 cans..... 3 cans  
Leafy vegetables (cabbage, greens)..... 3 lbs.  
Potatoes (Where potatoes or sweetpotatoes can not be had use more  
vegetables and 2 to 4 extra pounds of flour or meal)  $7\frac{1}{2}$  "  
Other vegetables or fruit..... 9 "

Bread, cereals, and legumes --

Bread (part whole wheat)..... 10 lbs.  
Cereals (oatmeal, wheat cereal, rice, macaroni)..... 3 "  
Flour and corn meal..... 3 "  
Dried beans and peas..... 1 "

Fats -- Butter, margarine, lard, salt pork, vegetable oil..... 2 "

Sugars --

Cane molasses, sorgo sirups.....  $\frac{1}{2}$  pt.  
Sugars..... 2 lbs.

Other foods --

Cheese.....  $\frac{1}{4}$  "  
Eggs.....  $\frac{1}{2}$  doz.  
Lean meat or fish..... Not more  
than 4 lbs.

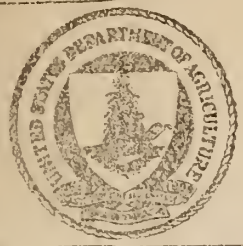
Accessory articles --

Coffee.....  $\frac{1}{2}$  lb.  
Tea.....  $1\frac{1}{8}$  "  
Cocoa.....  
Baking powder, salt, etc. .... As needed

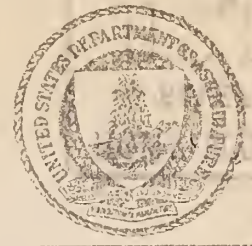
Cod-liver oil..... 3 - 4 ozs.

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U. S. DEPARTMENT OF AGRICULTURE  
OFFICE OF INFORMATION  
PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION  
FEBRUARY 24, 1932 (WEDNESDAY)

THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE

:	:		
:	Every meal -- Milk for children, bread for all	:	
:	:	:	
:	Every day --	Two to four times a week --	:
:	Cereal in porridge or pudding	Tomatoes for all	:
:	Potatoes	Dried beans and peas or peanuts	:
:	Tomatoes (or oranges) for children	Eggs (especially for children)	:
:	A green or yellow vegetable	Lean meat, fish or poultry, or	:
:	A fruit or additional vegetable	cheese	:
:	Milk for all	:	:
:	:	:	:

PROTEIN FOODS IN THE LOW-COST DIET

Protein is one of the elements of food essential to the human body, which is found in milk, eggs, cheese, and lean meat of all kinds, in nuts, in the vegetables known as legumes (beans and peas of all kinds), and in some other foods. Protein, the nutritionists tell us, is needed for the building and repair of muscles and other body tissues. The baby depends on milk and eggs for the protein to build his muscles. The adult gets more of his protein as a rule from lean meat, for Americans are notoriously fond of meat, and some authorities say they spend more money for this than for any other one type of food.

To provide appetizing meals at low cost, then, says the Bureau of Home Economics of the U. S. Department of Agriculture, use cheap cuts of meat as the chief protein food for the adults in the family at least several times a week.







At present prices, some cuts of meat can be utilized at very low cost, and meat, with a sufficient variety of cereals and vegetables, will supply the adult with the protein he needs.

All flesh foods--beef, pork, mutton, poultry, game--are included under the heading of meat, and all have high protein values. Fish and shellfish are also protein foods.

Nuts of all kinds contain protein, and such nuts as almonds and peanuts, where they are used often and in large quantities, are important sources of protein. Peanuts especially, because they cost so little and yield so much food value, are especially useful in the low-cost diet.

Among vegetables, the best proteins are found in beans and peas of all kinds.

The body must have an adequate supply of protein, and it must have "efficient" protein. Nutrition chemists explain that there is great variety in proteins, resulting from different combinations of some 17 or 18 simple substances, called amino acids. Some of these amino acids are essential to the needs of the body and must be present as constituents of the protein food. When a protein food contains in good proportions all of the amino acids necessary for growth and maintenance of the body tissues, it is called a complete or efficient protein. Others are incomplete, according to their composition. One of the reasons for variety in diet is that several foods of this type are likely to supply all the proteins needed. Meat and fish are good protein foods, because they contain the essential amino acids. Milk and eggs are examples of complete proteins.

The housewife's problem of making her food money go round is usually complicated by the cost of meat as compared with most other kinds of food, and the family desire for it. Meat serves, more than most other foods, to give variety in flavor to the day-by-day meal that must be kept within very small costs. To use it economically, the housewife must not only buy cheap cuts of meat, but use them in ways that make the most of their food values, having an eye to the balance of the day's food supply. Suggestions for the use of protein foods, especially meat, are included in the accompanying menu and recipes.



WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE  
including two adults and three children:

Bread . . . . .	12-16 lbs.
Flour . . . . .	1- 2 "
Cereal . . . . .	4- 6 "
Whole fresh milk, or . . . . .	23-28 qts.
Canned evaporated milk . . . . .	23-28 tall cans
Potatoes . . . . .	15-20 lbs.
Dried beans, peas, peanut butter . . . . .	1- 2 "
Tomatoes, fresh or canned, or citrus fruits . . . . .	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	15-18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.. . . . .	2½ "
Sugar and molasses . . . . .	3 "
Lean meat, fish, cheese, and eggs . . . . .	5- 7 "
Eggs (for children) . . . . .	8 eggs
* * * * *	

MENU

Breakfast

Cereal with milk - Toast  
Coffee (adults) - Milk (children)

Dinner

Roast stuffed cured pork shoulder  
with raisin stuffing  
Scalloped sweetpotatoes & apples  
Cold slaw - Bread and butter  
Milk (children)

Supper

Baked rice, tomatoes, & cheese  
Jellied fruit (canned peaches, ba-  
nanas and apples) - Bread & Butter  
Milk for all

\* \* \* \* \*

RECIPES

Roast Stuffed Cured Pork Shoulder

Have a cured pork shoulder skinned and boned. Wash the shoulder and soak it overnight in cold water to cover. On removing the piece from the water wipe it dry. Lay the shoulder fat side down, pile in some of the hot stuffing, begin to sew the edges of the shoulder together to form a pocket, and gradually work in the rest of the stuffing. The recipe for stuffing given below makes the right quantity for a 4 to 5 pound shoulder. Lay the stuffed shoulder, fat side up, on a rack in an open roasting pan without water. Roast the meat at very moderate heat (325°F) until it is tender when pierced with a skewer or a fork. A 4 to 5 pound shoulder will require about 3-1/2 hours to cook at this oven temperature.

Raisin Stuffing

2 tablespoons butter or other fat	2-1/2 cups fine dry bread crumbs
1 tablespoon chopped onion	1/2 pound seeded chopped raisins
1 cup finely cut celery and tops	Grated rind of one-half lemon
2 tablespoons chopped parsley	1/2 teaspoon salt

Cook the onion, celery, and parsley in the fat for a few minutes. Mix the raisins thoroughly with the bread crumbs, stir in the cooked vegetables, and add the lemon rind and salt.





### Curried Fish

2 pounds fresh cod, halibut, or other large fish	3 tablespoons flour
4 tablespoons butter or other fat	2 cups liquor from the simmered fish
1 tablespoon chopped green pepper	1/2 to 1 teaspoon curry powder
1 small onion, chopped	3 drops tabasco sauce
1/4 cup chopped celery	Salt to taste
	2 tablespoons chopped parsley

Simmer the fish about 10 minutes in a small quantity of water, in a shallow pan; then drain. Meanwhile melt the fat and cook the green pepper, onion, and celery a few minutes; add the flour and the cooled fish liquor, with water, if necessary, to bring the quantity up to 2 cups. Cook for 3 or 4 minutes, add the seasonings, and stir constantly. Remove the skin and bones from the cooked fish, arrange on a hot platter with a border of flaky rice, pour the sauce over the fish, and sprinkle the parsley on top.

### Broiled Hamburg Steak on Onion Rings

2 cups ground lean raw beef	1 tablespoon chopped parsley
1/4 cup ground suet	3 tablespoons butter or other fat
1 cup soft fine bread crumbs	2 teaspoons onion juice
7 slices Spanish onion	1/2 teaspoon salt
1/2 inch thick	1/8 teaspoon pepper
	1 tablespoon water

Lay the slices of onion in a buttered shallow baking dish. Pour over them 2 tablespoons of melted butter, or other fat, sprinkle with salt and pepper, add the water, cover closely, and bake in a moderate oven (350°F.) for 30 minutes, or until tender. In the meantime, cook the chopped parsley in 1 tablespoon of butter, or other fat, and combine with the beef, suet, crumbs, and seasonings. Knead until thoroughly mixed. Mold into seven flat cakes. Place each cake on an onion slice in the baking dish, and broil under direct heat for five minutes on each side. Baste occasionally with the drippings. Serve at once from the baking dish.

If it is not convenient to broil the meat cakes by direct heat, pan-broil them in a hot skillet, and serve on the onion slices.

### Cheese Souffle

4 eggs	1/2 pound American cheese
1-1/2 cups milk	3/4 teaspoon salt
1 cup fine dry bread crumbs	1/8 teaspoon paprika
1 tablespoon butter or other fat	3 drops Tabasco sauce

Heat the milk, bread crumbs, and fat in a double boiler. Shave the cheese into thin slices, add it to the hot mixture, and stir until the cheese has melted. Add this mixture to the well-beaten egg yolks. Season to taste with paprika and Tabasco. Fold the hot mixture into the stiffly beaten egg whites containing the salt, pour into a greased dish, and bake in a very moderate oven (300°F.) for one hour, or until set in the center. Serve immediately.

### Italian Baked Rice

4 cups boiled rice	1-1/2 cups tomato juice
3/4 cup grated cheese	2 teaspoons salt
1/2 cup chopped pimiento	1/8 teaspoon pepper

Mix the ingredients well together and pour into a baking dish. Cover the top of the dish with the pulp left from straining the tomatoes. Bake for 30 minutes in a moderate oven and serve hot. This dish will make 10 average servings.

